

Alternative Spring Break

San Francisco, California – March 3 - 9, 2013

My Role With ASB

As the Alternative Spring Break Chair, I had the responsibility of planning the weeklong service trip. Before the trip, I coordinated with the various organizations in San Francisco for our service-learning projects. I informed the student body of the opportunity to serve and recruited students to attend the service expedition. Throughout the week of service, I ensured that all items on the itinerary ran smoothly.

Personal Gains

From my experience on the spring break service expedition, I have a greater understanding of people that are different than me. I learned to accept people for who they are and to not be quick to judge. I gained friendships, leadership skills and developed a greater desire to be engaged in my community.

Organizational Gains

- San Francisco Food Bank: Our students boxed 12,000 pounds of oranges and carrots and bagged 1,200 pounds of rice providing food for 16,000 individuals.
- Glide: Served dinner to over 400 individuals in need.
- Boys and Girls Club of San Francisco: Assisted with homework and tutoring for at-risk youth.
- Golden Gate National Parks Conservancy: Cleared area of invasive weeds and fallen trees.
- AIDS Foundation: Packaged hundreds of HIV/AIDS prevention kits.

"Thirty-three thoughtful volunteers from Weber ... [helped] to organize the Multipurpose Room storage area, clean all of our white chairs, and assist in the yard, library, and classrooms... We were incredibly fortunate to ...request these volunteers to help at Argonne... We are grateful for the volunteers' service to our community!"

– Cami Okubo, Principal, Argonne Elementary

"It is pretty amazing how much [the ASB] group got done together — tens of thousands of pounds of food packed and ready to go out to local families in need! Every day, volunteers approach me to say that they're surprised at just how good they feel after a few hours of hard (and fun!) work for a good cause. And as someone who works here full-time, I can tell you — it never gets old. I'm lucky to spend every day working with a new bunch of people who show up to give back, and end up getting so much in return as well."

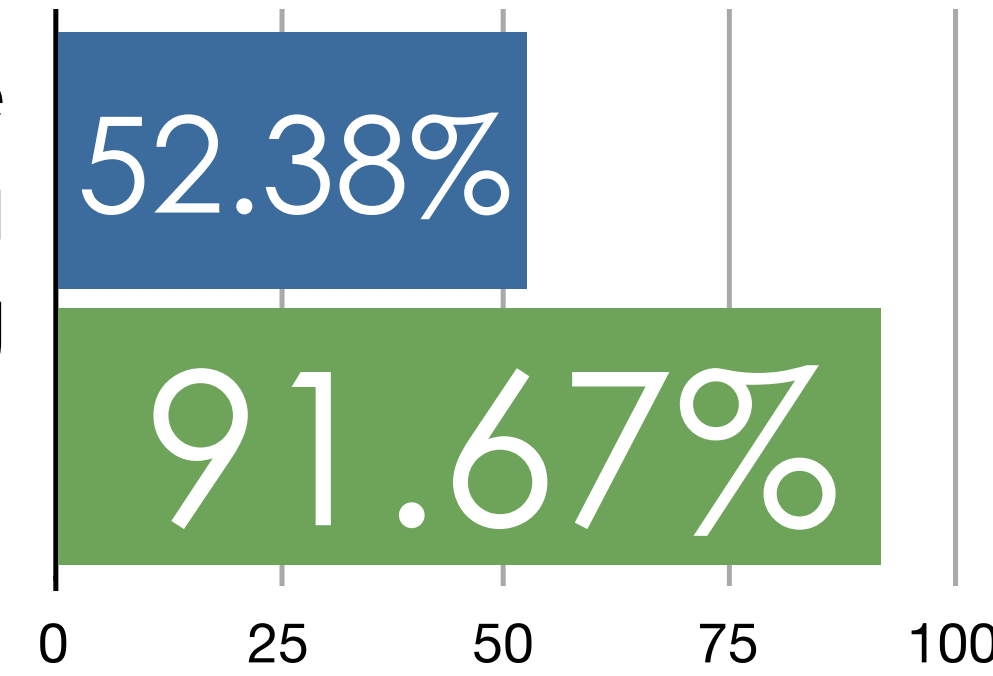
- Andy Breunig, Volunteer Coordinator, San Francisco Food Bank

 **Heather Gray**
Alternative Spring Break Chair

Participant Testimonials

"ASB has shown me how I can take on a larger role in helping my community"

Pre/Post Service Trip Survey Results



"San Francisco was such an amazing trip! I'm glad I had the opportunity to go. I was able to serve so many different people, learn more about myself, and make fabulous new friends. This experience has made me want to bring this love of service into my own community no matter where I live, wherever my life takes me. I want to serve others and make my life and others better. Alternative Spring Break is an amazing program. I'm so glad I went! Lifelong service and bridging lives together." – Michelle

"I feel that I am so lucky to get the opportunity to be involved in this fabulous trip! I've seen and experienced a lot of new things that I had never done before. The San Francisco trip makes me more open-minded and start to consider about our community more. I am glad that I can do something for the society and I'd love to go on engaging in volunteer works in our community." – Shangyu

"Going to Southwest Key did soften my heart and I wanted to help these kids. It made me realize that immigrants don't just come to get whatever jobs they can. They, these children, have dreams. They wanted to be with their families and I wanted nothing more than to help them do that." – Katie

"This trip opened my eyes to many other things. When we were in the poverty areas of San Fran, I felt as though I was in a movie. It was much different than anything in Utah... This trip was life-changing for me. I met amazing people. I believe it showed everyone that there are things much bigger than themselves. I also found something I want to do for the rest of my life; help those in need." – Gaven

"The Alternative Spring Break overall was a wonderful life-changing experience. I learned more about diversity and am more understanding of those different from me. I gained many wonderful new friends and will never forget this trip. I believe this was better than a regular spring break where you just party and have fun. This was very fulfilling and joyful. It was still fun and exciting but more meaningful." – Shane

Alternative Spring Break is a weeklong service project in distant communities that gives students an opportunity to participate in community service and hands-on learning experiences during spring break. The 2013 ASB program provided an opportunity for Weber State University students to be exposed to diverse groups of people in San Francisco, California and to help establish a baseline of understanding by breaking down stereotypes. Although there are people of diverse classifications here in Ogden, this opportunity encouraged the participants to reflect on their own lives and their own communities and how they can be more understanding of others. The ASB program aims to provide service to community members and partners both before and after spring break. By becoming engaged, the students have been able to recognize the needs that are prevalent in their own communities. They have become more proactive citizens as they are reaching out to those around them.

